

Section 2

FOODS

What Foods are Available on the WIC Program?

WIC foods are carefully selected to meet Federal nutritional requirements, which provide vitamins, minerals, and proteins to WIC participants. Therefore, no substitutions for WIC foods are allowed. Listed below are categories of WIC foods:

Nutrient Provided	WIC Foods Which Supply the Nutrient
Protein:	Infant formula, milk, eggs, cheese, peanut butter, dried peas or beans.
Iron:	WIC approved brands of cereal, peanut butter, dried peas or beans, eggs, iron-fortified infant formula.
Vitamin C:	Citrus fruit juices, fruit juices fortified with Vitamin C, infant formula.
Vitamin A:	Milk, eggs, cheese, infant formula.
Calcium:	Cheese, milk, infant formula.

Approved and Non-approved WIC Foods

The Arizona WIC Programs Food List contains only the types and brands of foods allowed on the Arizona WIC Program. In addition, the food list specifies foods that cannot be purchased. This list is available in English and Spanish. The Arizona Food Selection Criteria Committee revises this food list periodically. The Committee is made up of representatives from each of the three (3) WIC Programs in Arizona, including local agency staff, and the Arizona Food Marketing Alliance (represents the Vendor community). Vendors are notified whenever changes are made to the food list prior to the change going into effect.

Vendors must ensure that a **current** food list is maintained at each cash register. The Department will provide a supply of English and Spanish versions of the food list at the beginning of each Contract period. An additional supply may be requested by completing and submitting the Arizona WIC Program Vendor Order Form found in Appendix 2 of this manual.

NOTE: The Arizona WIC, Inter Tribal Council of Arizona, Inc. and Navajo Nation WIC Programs use a common food list. An example of the English version of the Arizona WIC Programs Food List is shown on the next page.

Arizona WIC Programs Food List

WIC INFANT CEREAL

8 oz and 16 oz Boxes Only
SINGLE GRAIN AND IRON FORTIFIED
ANY BRAND



You may combine the 8 oz and 16 oz boxes of cereal.
You cannot buy organic, fruit added, mixed, cans, jars,
variety packs or formula added.

WIC INFANT JUICE

SINGLE FLAVOR FRUIT JUICE
ANY BRAND



You cannot buy organic, yogurt added or formula added,
mixed flavors or fruit/veggie blends.

WIC INFANT FORMULA

AS PRINTED ON FOOD INSTRUMENT



All formula listed on food instrument must be purchased.

WIC TUNA AND CARROTS

BREASTFEEDING WOMEN ONLY, ANY BRAND



Tuna: You cannot buy organic, packed in oil or pouches.
Carrots: You cannot buy organic.

WIC 7/14/2010 (EW)

ARIZONA WIC PROGRAMS FOOD LIST

WIC Programs in Arizona

Working Together Helping
Families Grow

Effective October 1, 2007



Vendors may not carry all items listed and / or
pictured on the WIC food list.

CAN BUY

CEREAL
Up to 24 oz, bags or boxes, from the list below:

COLD CEREAL
16 oz or larger
Any Stone Brand Oatmeal
Any Stone Brand Toasted Oats
Cinnamon (Flax)
Chex-Corn or Rice
Post-Cereal Frosted Mini Spooners
Kix (Flax)
Whole Grain Total (Flax)
Kellogg's Corn Flakes
Special K (Flax)
Post Super Raisins
Quaker Life (Flax)

HOT CEREAL
11.8 oz box or larger
Cream of Wheat (Instant only)
Post-Cereal (Original)
Instant Quaker Cereal (Regular flavor -
single serving sachets)

JUICE
100% Juice only, NO ADDED SUGAR
48 oz cartons
Amount as printed on the food
instrument

Donald Duck:
Orange Juice (see label)
Pineapple Juice
White Grapefruit Juice

Dole:
Pineapple Juice
Pineapple Flange Juice

Fruit Chub:
Tomato Juice

Sevens (Red Label):
Apple Juice

Nestle Juicy Juice:
Purple Grape Juice
White Grape Juice

11.3-12 oz Frozen
Amount as printed on the food
instrument

Donald Duck:
Orange Juice

Dole:
Pineapple Juice

Sevens:
Apple Juice

Old Orchard:
Apple Juice, Green Apple Juice

**Single Serving Juice (as printed on the
food instrument)**

Donald Duck:
Orange Juice

Sunglo:
Apple, Orange & Orange

CANNOT BUY

Organic, raisins, fruit, nuts, and
nutlet sauces

Any package of cold cereal less
than 16 oz
Any package of frosted cereal
(except Frosted Mini Spooners)

CAN BUY

MILK
Any brand, galons only unless specified on
the food instrument

Half gallons and quarts are only allowed
if specified on the food instrument

EGGS
Any brand, 1 dozen cartons only
Fresh, raw, large, white egg only

PEANUT BUTTER
Any brand, 16 oz or 18 oz jars only
Plain, smooth or chunky types

DRY BEANS/PEAS/LENTILS
Any brand and size, 1 lb bulk or 16 oz
pre-packaged (canned beans allowed only
if specified on the food instrument)

CHEESE
Any brand, 16 oz package or larger
Plain, domestic, regular or lowfat, amount
as printed on the food instrument

Only these types:
Cheddar (includes longhorn)
Colby Jack
Colby (includes longhorn)
Monterey Jack
Mozzarella (whole or part skim, includes
string)

INFANT FORMULA
Only brand and size printed on the food
instrument

INFANT CEREAL
Any brand, single grain, iron fortified
variety only, 8 oz or 16 oz boxes only,
amount as printed on the food
instrument

INFANT JUICE
Any brand, single flavor only, 100% infant
fruit juice, individual containers, four or
six ounce, amount as printed on the food
instrument

CARROTS
Any brand, plain, fresh, canned or frozen,
amount as printed on the food
instrument

TUNA
Any brand, chunk light only, amount as
printed on the food instrument

CANNOT BUY

Organic, skim, raw, goat's,
chocolate or any flavored with,
buttermilk, half & half, non-dairy,
soy, rice or add-on milk

Organic or toaster eggs,
Eggheads, steel, mail, medium,
extra large, large or brown
eggs

Organic, canned, added salt,
honey or candy chips or in
tubs

Organic, bean, bean, fresh,
frozen or bean soup mix

Organic, deli, counter, random
weight, imported, flavored or
with added ingredients, cheese
that is sliced, shredded, cubed,
string (except mozzarella),
cheese food, cheese product or
cheese spread

Low iron or concentrate
formula unless specified on the
food instrument

Organic, high protein, fruit
added, mixed, cans, jars or
variety packs or with added
formula, sugar or yogurt

Organic or yogurt added, mixed
flavors, fruit/veggie blends

Organic, fresh, sliced or shredded,
canned in glass, cans, sauce
or baby carrots

Organic, Alton's, solid white,
oil-added, pouches, flavored or
lunch kits

Minimum Stock Requirements

The Department has established minimum stock requirements for all WIC foods, which must be maintained by the Vendor at all times. The minimum stock and varieties required are outlined on the following pages. The purpose is to ensure that the Vendor will be able to adequately serve WIC participants/authorized representatives when food instruments are redeemed.

Grocers and Military Commissaries

Grocers and Military Commissaries are required to maintain minimum stock and variety of all WIC foods either on its shelves or stored at its location address (**not available to order**) from the **date the application is submitted** and if approved, throughout the entire contract period. Failure to maintain minimum stock and variety of all WIC foods at any time throughout the contract period may result in termination of the contract.

Pharmacies

Pharmacies are not required to maintain the minimum stock requirements if they were contracted to provide only "special formula." However, pharmacies are required to order WIC eligible infant formula in the amounts and brands specified on the food instrument(s) redeemed by a WIC participant/authorized representative or ordered by WIC staff from either the Department or local agency.

Undue Hardship for Current Vendors

A current Vendor may be authorized to stock a reduced minimum stock of infant **and/or** woman/child food packages if one of the following criteria exists:

1. A local agency documents **fewer** than:
 - a. Four (4) milk based **and** two (2) soy based infant formula participants, and/or
 - b. Eight (8) woman/child participants.
2. A Vendor may request the stocking of these products be reduced based on the low volume of WIC sales of these products. The Department will make a determination based on the following criteria:
 - a. The Vendor's redemption of infant **and/or** woman/child food packages during the past six (6) calendar months must substantiate the Vendor's request to reduce the minimum stock requirements;
 - b. The number of authorized Vendors in the area.

The request must be submitted in writing to the Department. Any local agency whose participants may be affected by this reduction must approve the decision to reduce the minimum stock requirements of these products. The approval is contingent upon the Vendor's agreement to provide all WIC authorized foods. If a WIC participant makes a request for any item that relates to the reduction, the Vendor must order the item and make it available to them within five (5) calendar days.

Written documentation from the Department approving the reduced amounts must be on file at the Department with a written notification to the affected Vendor and local agency before the requirement will become effective. The effective date will be the date the written notification is received by the Vendor.

NOTE: During FFY 2006, the Arizona WIC Program served approximately 153,888 participants per month. Minimum stock requirements are very low in relationship to the number of participants enrolled.

ARIZONA WIC PROGRAM'S MINIMUM STOCK REQUIREMENTS

(These stock requirements must be maintained at all times.)

WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Cereal	<p>ONLY THESE BRANDS:</p> <p>Cold Cereal Any Store Brand Crispy Rice Any Store Brand Toasted Oats General Mills Chex: Corn or Rice only General Mills Cheerios (plain) General Mills Kix (plain) General Mills Total (plain) Kellogg's Corn Flakes Kellogg's Special K (plain) Malt-O-Meal Frosted Mini Spooners Quaker Life (plain) Post Bran Flakes</p> <p>Hot Cereal Nabisco Instant Cream of Wheat (plain) Malt-O-Meal Original Hot Wheat Cereal Quaker Instant Oatmeal (regular flavor, single serving packets only)</p>	<p>24</p> <p>-- or -- 24</p> <p>-- or -- 24</p>	<p>boxes or bags, 12 ounce or larger of cold cereal</p> <p>boxes, 11.8 ounces or larger of hot cereal</p> <p>boxes and bags, appropriate size as listed above of hot <u>and</u> cold cereal combined</p>	4 brands
Do not count organic, frosted (except M-O-M Mini Spooners), honey, raisins, fruit or nuts, or variety packs.				
Dry Beans / Peas / Lentils	Any brand and type of dry beans, peas or lentils in one (1) pound bulk or prepackages (not more than 16 ounces)	<p>8</p> <p>-- or -- 128</p>	<p>pounds</p> <p>ounces</p>	<p>1 type Dry Beans</p> <p>-- and -- 1 type Peas or Lentils</p>
Do not count organic or immature varieties (i.e., snap beans, etc.), fresh, frozen, flavored or bean soup mixes.				
Peanut Butter	Any brand of plain (smooth, chunky or natural) peanut butter.	8	16 or 18 ounce jars	not applicable.
Do not count organic, spreads, tubes or added ingredients (i.e., jelly, marshmallow, chocolate or honey).				
Tuna	Any brand of water packed chunk light tuna.	8	6 ounce cans	not applicable.
Do not count organic or oil packed, solid white, albacore, flavored, pouches or lunch kits.				
Carrots	Any brand of plain; fresh, canned or frozen carrots.	<p>4</p> <p>-- or --</p> <p>4</p> <p>-- or --</p> <p>4</p>	<p>canned up to 16 ounces</p> <p>one (1) pound packages of fresh</p> <p>one (1) pound packages of frozen</p> <p>or</p> <p>any combination of canned, fresh or frozen that equals 64 ounces</p>	not applicable.
Do not count organic or carrots in glazes, syrup, sauces or baby carrots.				

ARIZONA WIC PROGRAM'S MINIMUM STOCK REQUIREMENTS

(These stock requirements must be maintained at all times.)

WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Milk	Any Brand of refrigerated milk.	28	gallon containers	not applicable.
<u>Do not</u> count pint, quart or half gallon containers, organic, raw, goat's, acidophilus, chocolate or flavored milk, buttermilk, half & half, filled milk (i.e., evaporated or sweetened condensed), non-dairy or soymilk products.				
Cheese	Any brand, plain, domestic cheese (10 to 16 ounces only) prepackaged in blocks. ONLY THESE TYPES: Cheddar (includes longhorn) Colby (includes Longhorn) Colby-Jack Monterey Jack Mozzarella (whole or part skim – includes string cheese)	8 -- or -- 128	pounds ounces	3 types
<u>Do not</u> count deli counter or random weight cheese, organic or imported cheese, with added ingredients (i.e., peppers, pimentos, flavoring, etc.), cheese that is sliced, shredded, cubed or string (except mozzarella), cheese foods, cheese products or cheese spreads.				
Eggs	Any brand, fresh, raw, white eggs.	16	large - one (1) dozen cartons	not applicable.
<u>Do not</u> count organic or specialty, six-packs, brown, small, medium, extra large or jumbo eggs.				

ARIZONA WIC PROGRAM'S MINIMUM STOCK REQUIREMENTS

(These stock requirements must be maintained at all times.)

WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Juice	100% juice, with NO sugar or sweeteners added.	48 -- or --	46 ounce cans or plastic containers	3 types
	ONLY THESE BRANDS:	48 -- or --	11.5/12 ounce frozen cans	
	Canned/Plastic Containers:		<u>or</u>	
	Orange Juice: Donald Duck	48	46 ounce cans or plastic containers	
	White or Pink Grapefruit Juice: Donald Duck		<u>and</u> 11.5/12 ounce frozen cans combined	
	Apple Juice: Seneca (red label)			
	Grape or White Grape Juice: Libby's Juicy Juice			
	Pineapple Juice: Dole			
	Pineapple Mango: Dole			
	Vegetable Juice: Food Club Tomato Juice Campbell's Tomato Juice			
	Frozen:			
	Orange Juice: Donald Duck (any style)			
	Grapefruit Juice: Donald Duck			
	Apple Juice: Seneca (red label only)			
	Pineapple Juice: Dole			
	Any Flavor Old Orchard (green cap only)			
<p><u>Do not</u> count organic, refrigerated, fresh, and non-frozen concentrate, juice in glass bottles or juice in 6-ounce frozen containers. Also, no cocktail, fruit drink/punch, lemonade, limeade, tart cherry, pomegranate or pomegranate blend, Awake, Dole Pure & Light, Hi-C, Kern's Nectar, Sunny Delight or any flavor/style of V8.</p>				

ARIZONA WIC PROGRAM'S MINIMUM STOCK REQUIREMENTS

(These stock requirements must be maintained at all times.)

WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Infant Formula	<u>Similac Advance with Iron</u> Powdered only	36	12.9 ounce cans	not applicable.
	<u>Similac Isomil Advance Soy with Iron</u> Powdered only	18	12.9 ounce cans	not applicable.
Infant cereal	Any brand, plain and any single grain, without fruit.	24 -- or -- 12	8 ounce boxes 16 ounce boxes or any combination of 8 and 16 ounce boxes that equals 192 ounces	not applicable.
<u>Do not</u> count organic or high protein, mixed, cereals with fruit, sugar, yogurt or formula added, cans, jars or variety packs.				
Infant juice	Any brand and any single flavor, 100% infant fruit juice	120	4.0 ounce glass or plastic bottles, individual bottles, four (4) packs or six (6) packs	not applicable.
<u>Do not</u> count organic or juices with yogurt added, mixed flavor juices, fruit/vegetable blends.				

WIC Vendor Price/Stock Report

The Department requires Vendors to verify and complete a WIC Price/Stock Report semi-annually. A copy of the WIC Price/Stock Report is located in Appendix 2. The Vendor must accurately complete and return the report, no later than the fifteenth (15th) calendar day of March and September. The Vendor is required to submit additional WIC Price/Stock Reports when requested by the Department. Also, additional reports may be submitted when there is a wholesale price increase. Price data is used as one of the tools to determine/substantiate the dollar amount to reimburse the Vendor for rejected food instruments that are paid through Automated Clearing House (ACH) or submitted for second level review.

Exception: Pharmacies are exempt from this requirement, if they were contracted to provide only “special infant formula.”

Chain stores must submit one consolidated WIC Price/Stock Report for all outlets. However, if prices vary for each outlet and/or region, a separate report must be submitted for each outlet and/or region.

REMEMBER: Complete and submit the Certification Page (page 1) with each report.

- **NOTE:**
1. The Department will not accept a facsimile in lieu of the original WIC Price/Stock Report.
 2. The Enrollment WIC Applicant Price/Stock Report is required for the enrollment process and **does not** replace the WIC Price/Stock Report due in March and September.
 3. The Semi Annual Price/Stock Report should not be submitted prior to the beginning of the month in which they are due. (March and September)